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Fig. 2

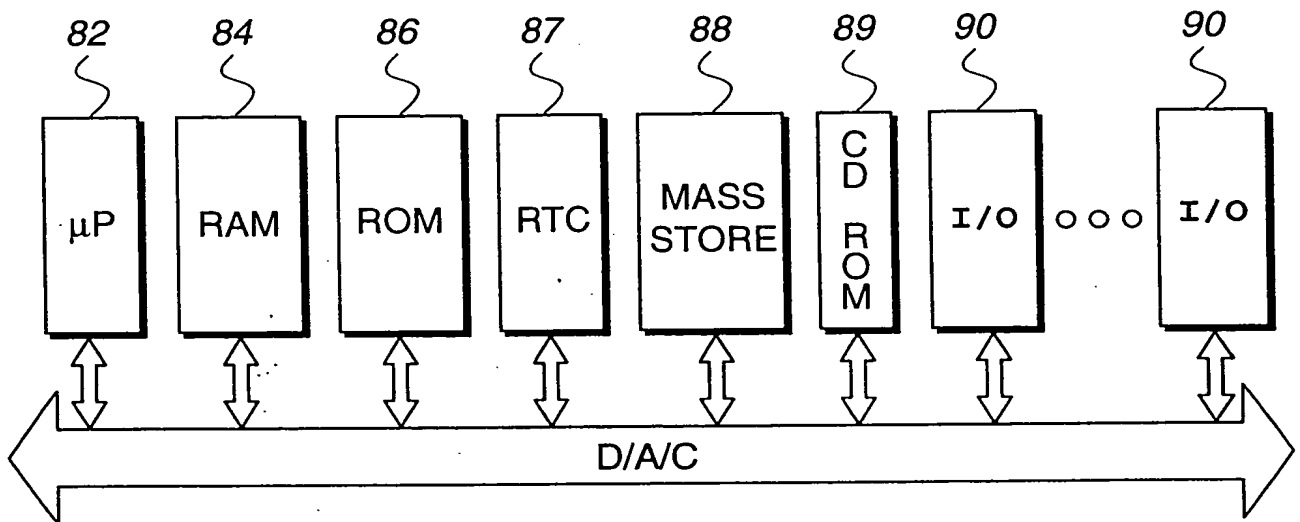
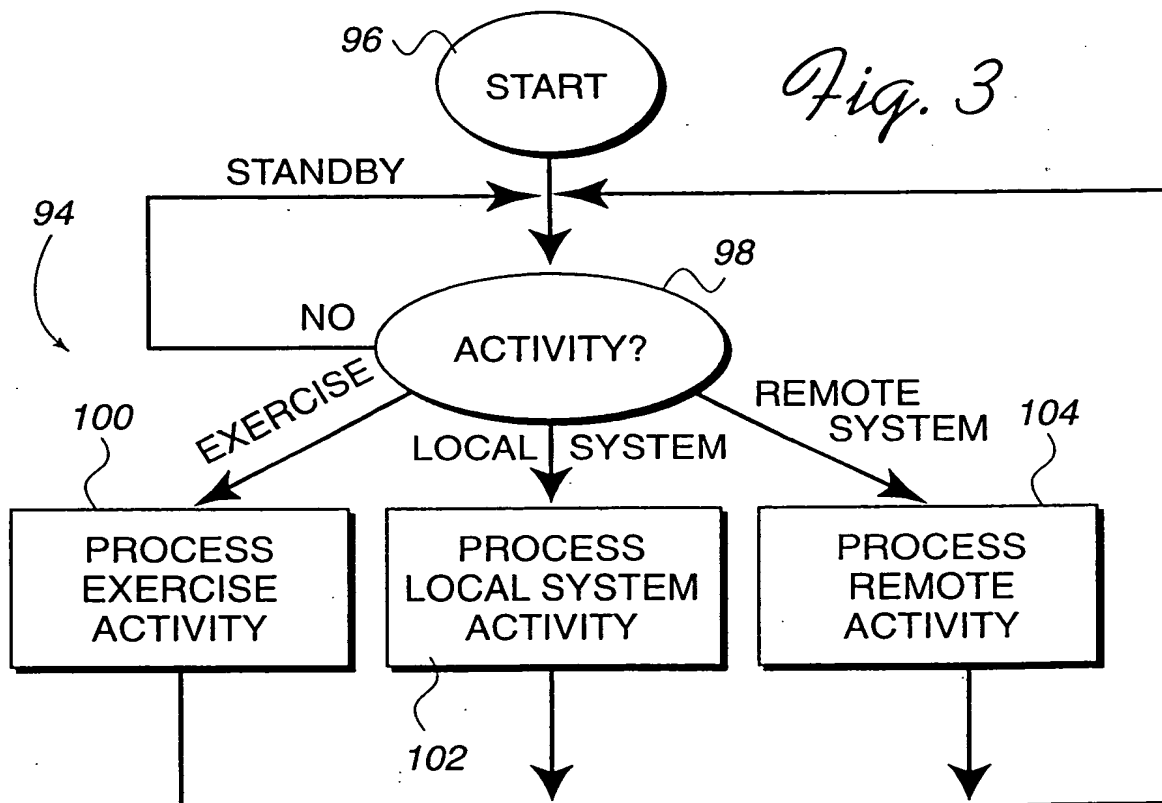
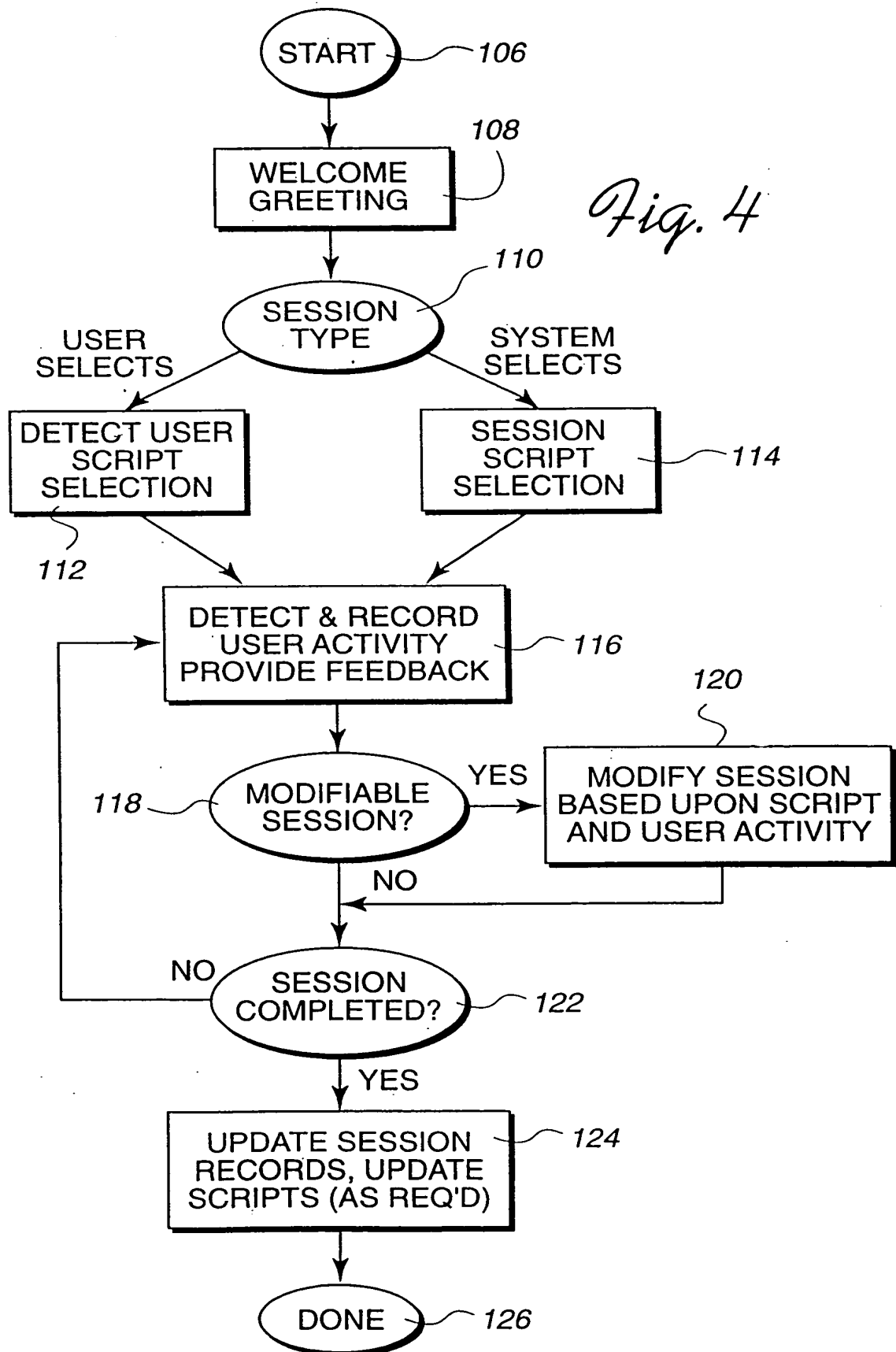


Fig. 3



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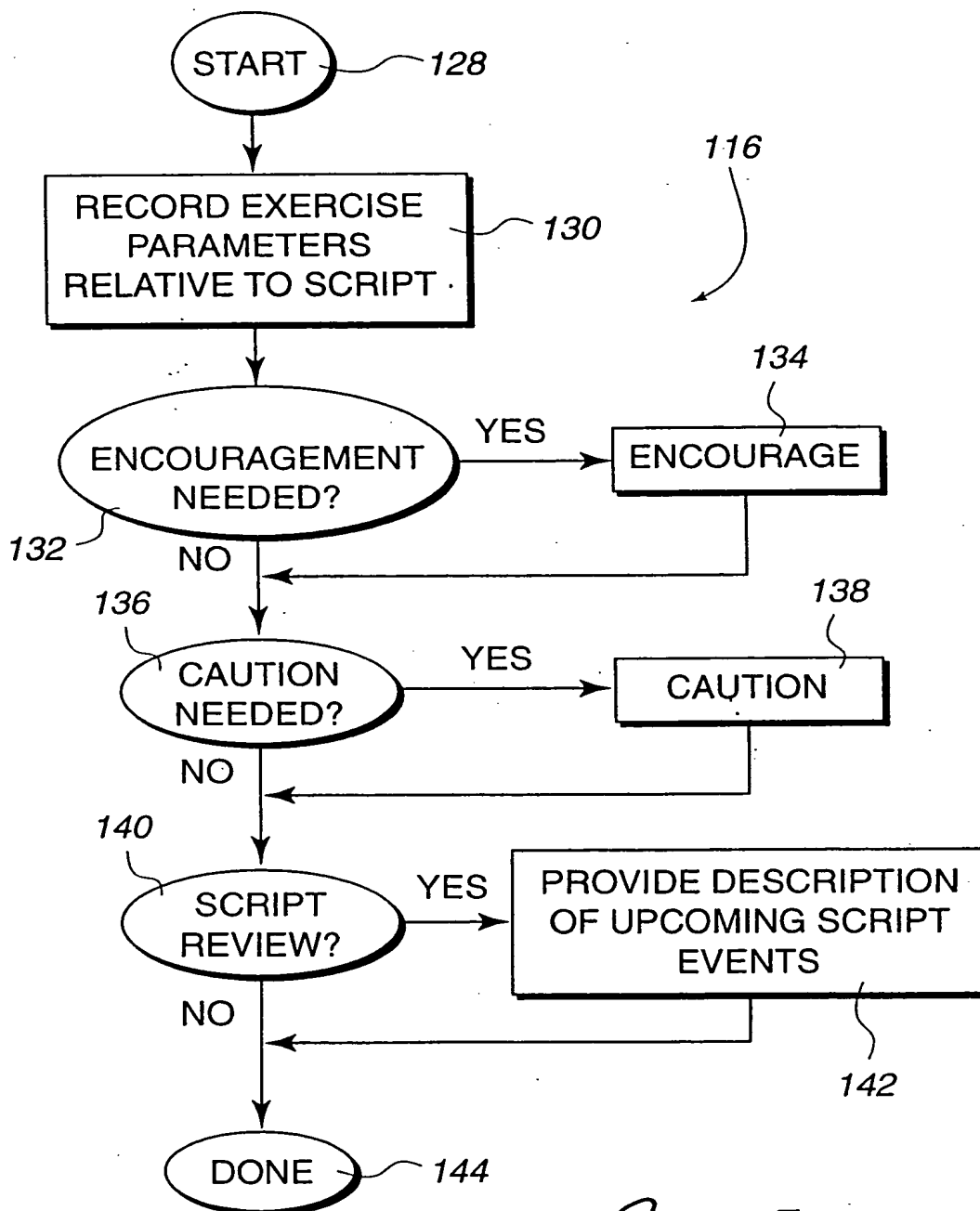


Fig. 5

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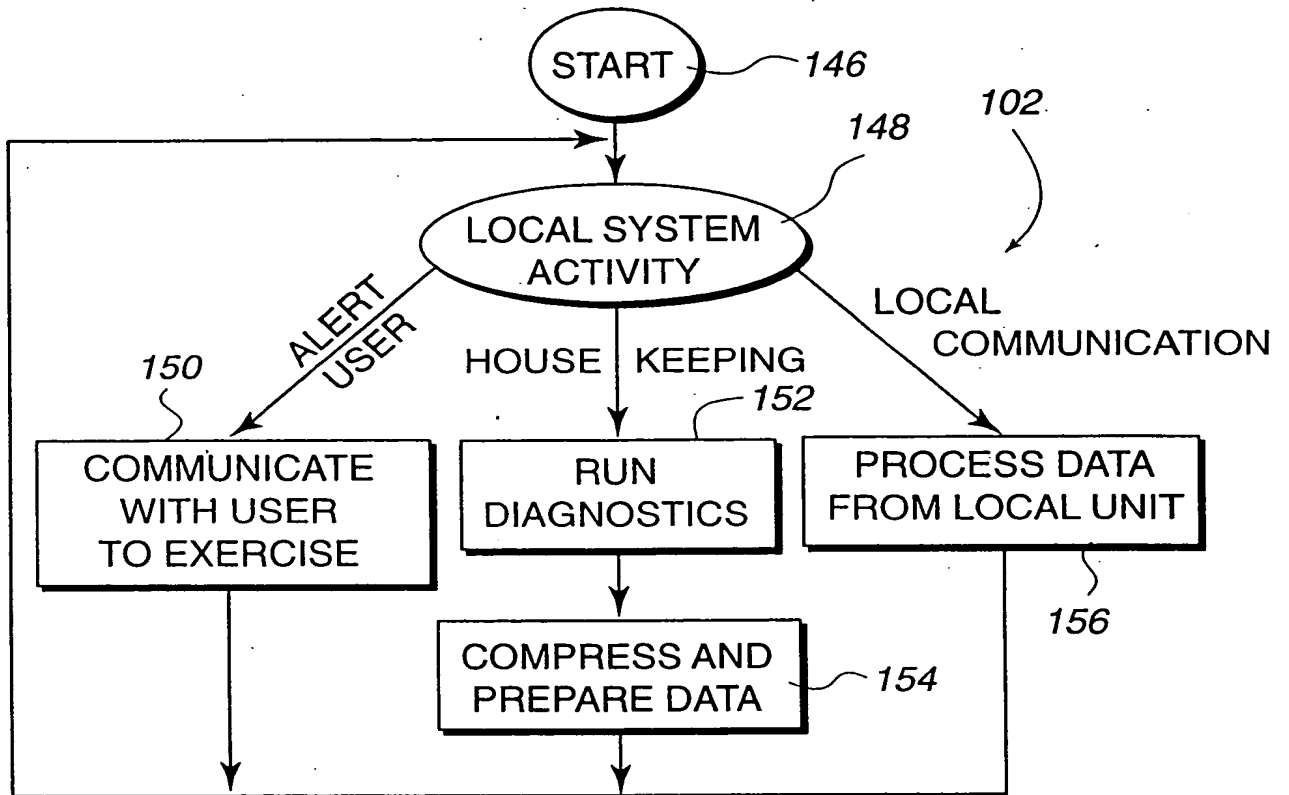


Fig. 6

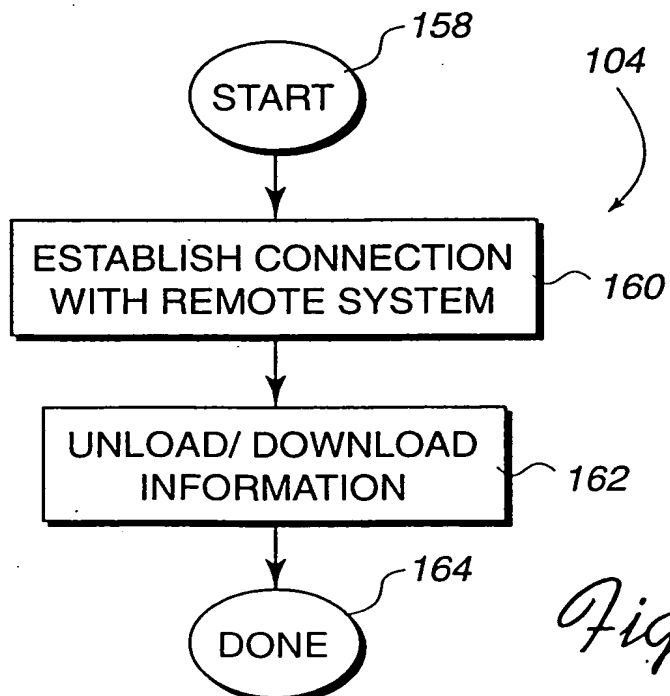
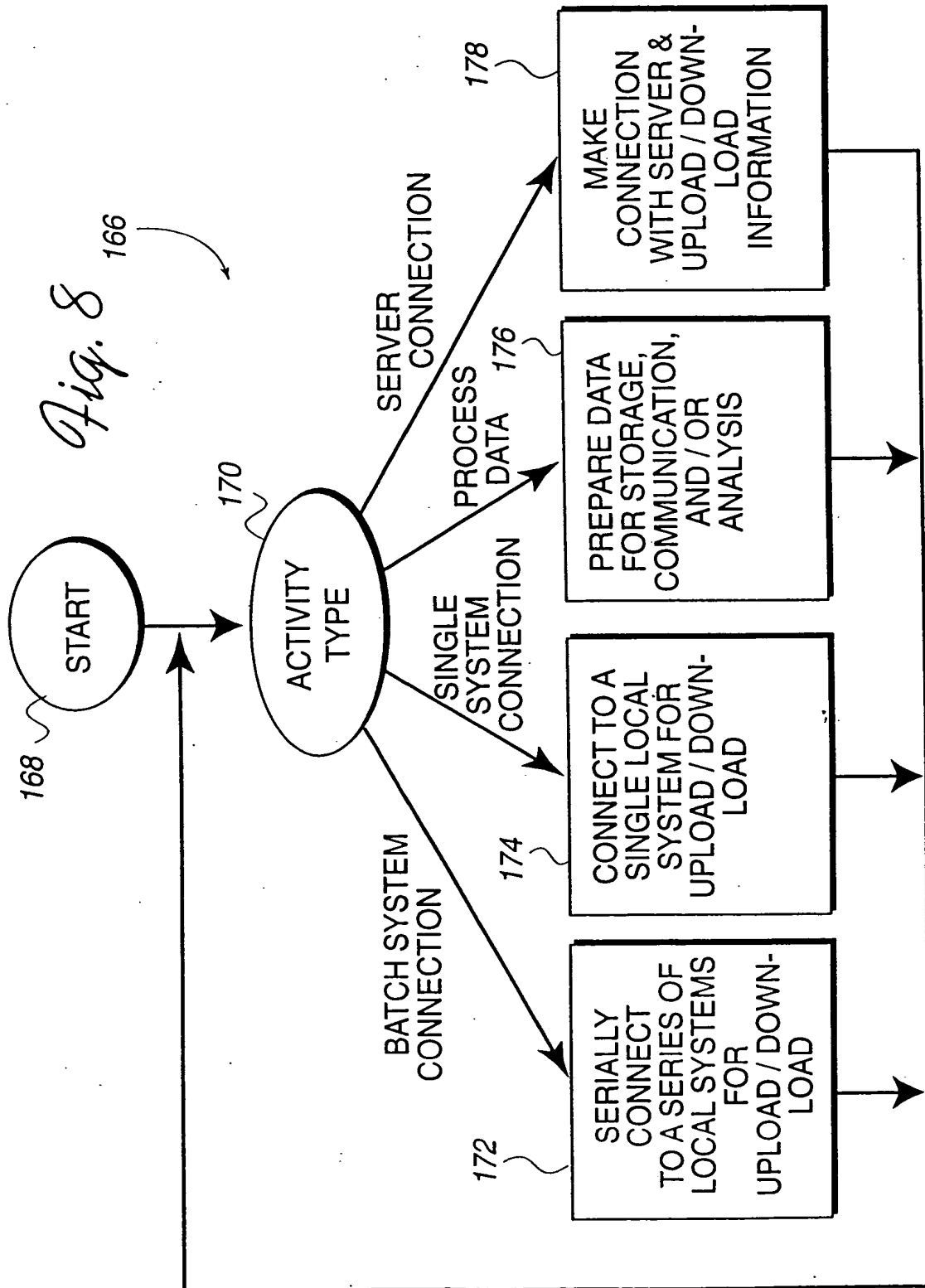


Fig. 7

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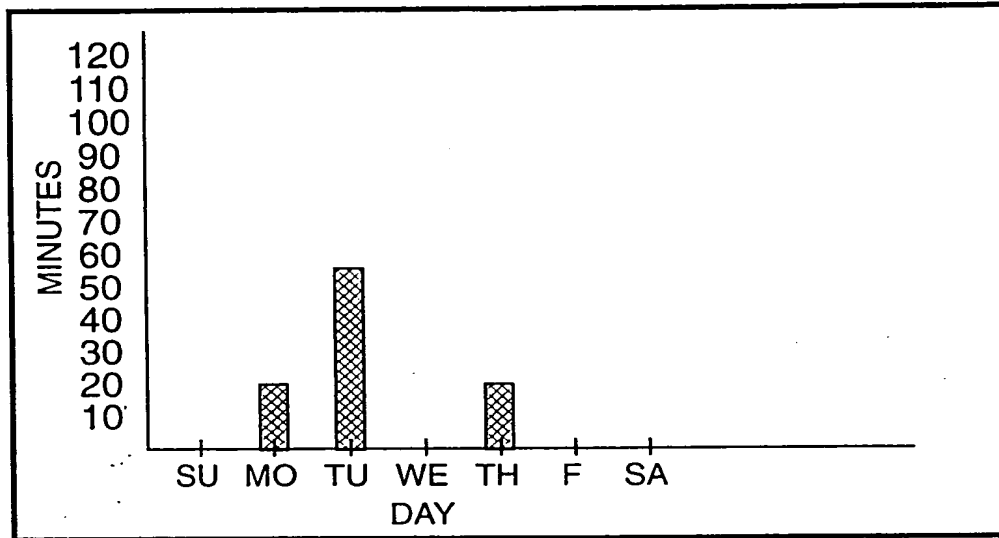


Fig. 8a

| |
|-----------------------------|
| <u>SUNDAY</u> |
| NO EXERCISE |
| <u>MONDAY</u> |
| —10 MINUTES CYCLING |
| —232 CALORIES |
| —6 MINUTES AT 80% HEARTRATE |
| —1.8 MILES |
| —DIFFICULTY 6 |
| —10 MINUTES WEIGHTS |
| —172 CALORIES |
| —20 REPS @ 100 LBS |
| —20 REPS @ 80 LBS |
| <u>TUESDAY</u> |
| ETC. |

Fig. 8b

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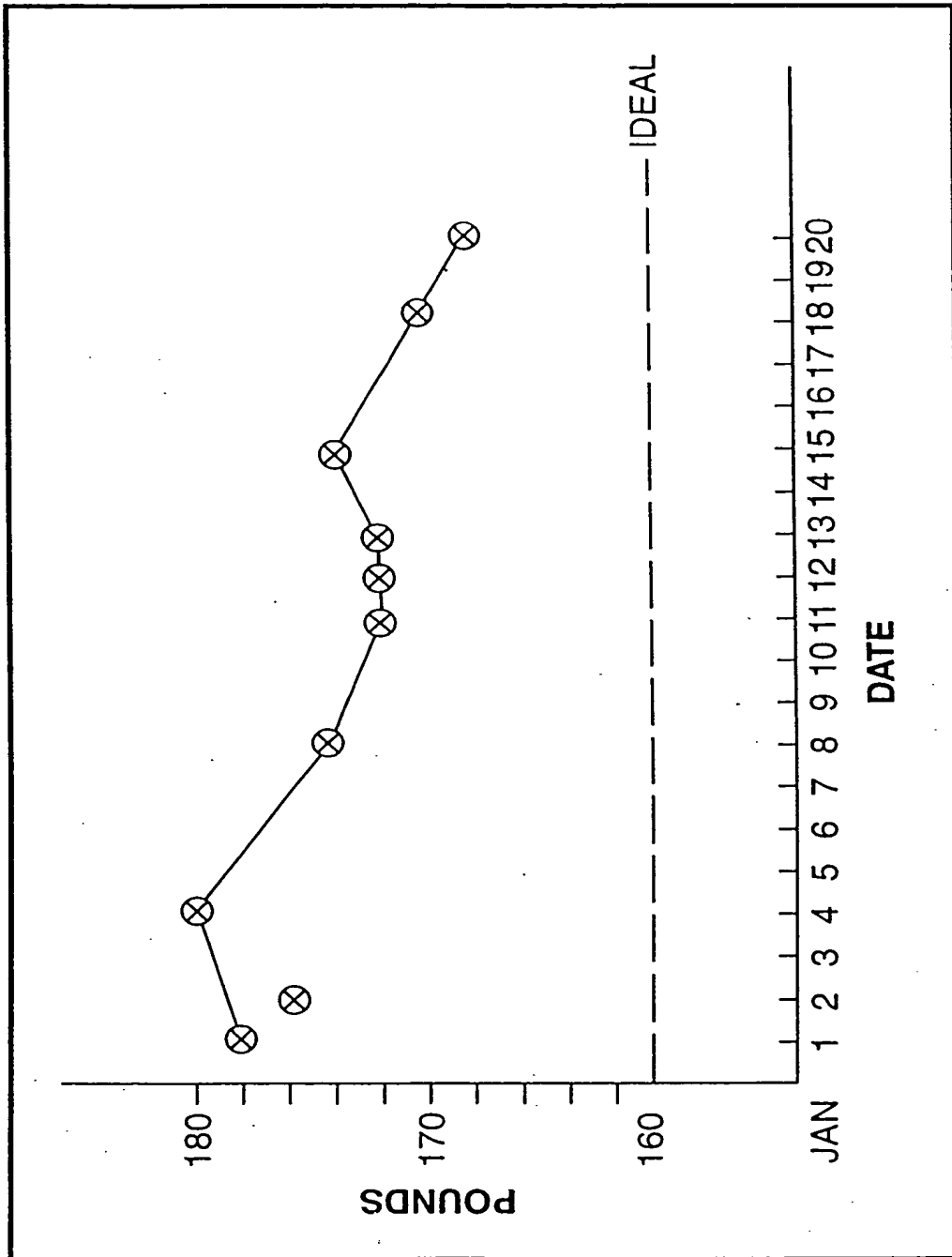


Fig. 8c

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